

# FITNESS

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## **Fitting in fitness: How to work exercise into your day**

With 1,440 minutes in each day, it shouldn't be that hard to find 30 minutes a day for moderate physical activity, as most doctors recommend. But it can be. Modern life is fast paced. For many people, days are a blur of work, household chores, errands, time with family and friends and, of course, sleep. With everything going on, finding those 30 minutes a day for exercise can be a challenge. Still, even people with the busiest schedules can find room for fitness. The key is to make it as convenient as possible for your particular lifestyle.

### **Exercise Tips to Fit More Physical Activity Into Your Life**

**Wake up early.** Try getting up 30 minutes earlier than you normally do and use the extra time to walk on your treadmill or take a brisk walk around the neighborhood.

**Make household chores count.** Mop the floor, scrub the bathtub or do other housework. The stretching and lifting are good exercise. Work at a fast pace to get your heart pumping. Also, try working in the garden, doing yard work or mowing the lawn. Gardening can burn up to 300 calories an hour and is a great way to build strength. Raking and hoeing strengthen your arms and back, while digging works your arms and legs.

**Exercise while watching TV.** Use hand weights, ride a stationary bike or do a stretching routine. Get up off the couch to change the channel on the TV. Or keep the telephone in another room so that you have to walk to answer it.

**Make family time exercise time.** Take group walks after dinner or schedule a family game of kickball for Saturday mornings. Wait about an hour after you eat before exercising.

**Make the most of your commuting time.** Walk or bike to work. If you ride the bus to and from work, get off a few blocks early and walk the rest of the way.

**Take fitness breaks instead of coffee breaks.** Spend the time taking a 15-minute walk.

**Schedule exercise as you would any other appointment.** Don't change your exercise plans if something else comes along — remind yourself that exercise is just as important.

**If you have to travel for work, pack and plan so that you can maintain your exercise routine.** Bring your jump rope or choose a hotel that has fitness facilities. If you're stuck in an airport waiting for a plane, grab your carry-on and take a walk.

There's no single best way to fit exercise into your day. Your lifestyle, job and family responsibilities will point to the most convenient time and place for fitness. Do what works for you. Whatever option you choose, make daily exercise a habit you keep.

